

# TRUMBULL

## SENIOR CITIZEN NEWSLETTER

23 Priscilla Place, Trumbull, CT • Open Monday through Friday 9:00 a.m. – 4:00 p.m.

Tim Herbst.....First Selectman.....203-452-5005  
Jean Ferreira.....Director/Editor.....203-452-5199  
Gail Poklemba .....Office Clerk.....203-452-5199  
Donna Marcus.....Transportation.....203-452-5137  
Linda Ciocchi.....Senior Commission Chairperson.....203-268-0265

January 2011

The Senior Center will be closed for New Year's on Monday, January 3 and Monday, January 17, Martin Luther Kings Birthday. Activities open to Senior Center Members Only. Membership fee for residents is \$5.00 and \$10.00 non-residents.



**INCLEMENT WEATHER-** On days that it storms, or inclement weather is predicted, please tune your radio to WICC 600 AM for cancellations. When Trumbull Schools close, the senior center will also close. If the schools have a delayed opening, the senior center will also have a delayed opening.

**AARP TAX-AID**, a free program that provides income tax preparation assistance for low and middle-income taxpayers for those 60 and older. If married, both husband and wife should be present. Taxpayers must have available all information and documents that apply to their 2010 income taxes including:

- Copies of 2009 returns, checkbook, so that any refund due can be direct deposited, all 2010 income report forms that have been received, SSA-1099, Social Security Statement, 1099 form, W-2 wage and tax statement forms, W-2G gambling(winning forms), and original cost of assets sold 2010. Counselors are available every Wednesday 9:00 AM until Noon, starting February 2 until April 13. No Appointment necessary.



**Bingo Game**  
**Friday, January 28 at 1 PM**  
**Free Prizes and Refreshments**



\***Special Thanks** to Life Long Resident Ralph Keese for his pen and ink drawing of the Johnathan Trumbull statue Trumbull Town Hall in the background. Be sure to stop in and admire this fine work of art.

\***Thank You** Lucille and Ted Borowy for decorating all of the Senior Center Christmas Trees.

\***Welcome** to our new Chef Carlos Cabrera who volunteers in the snack bar.

### CYRIL F. MULLINS FUNERAL HOMES

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**203-334-5090**

*News from the Social Services Office*

- **Energy Assistance Program-** We are taking applications for 2010/2011. All applications will be taken by appointment only. Call Social Services to schedule an appointment and to obtain this season's guidelines and documentation criteria. To schedule an appointment you may call (203) 452-5198 (NO WALK-INS). Home visits are available.
- **The Trumbull Food Pantry** is available to all residents in need. Please call in advance for an appointment.

**AARP Safe Driver Course ....Friday, January 21**

Classes take place 9 AM until 1:00 PM. If you are an AARP member, class fee is \$12.00 and non members \$14.00. Class size is limited and pre-registration is necessary. Checks must be made out to AARP (No cash Please). For more information please call 203-452-5199.

**TRUMBULL ARTS COMMISSION  
PRESENTS**

**"From OP to Pop"  
Sunday, January 16 at 1:00 PM**

Cabaret Seatng

Bring your own refreshments

Jodi Keogan~ Soprano, Mark Watson~Baritone ,  
David Shenton ~ piano.

Opera and popular music.

Pre purchase of tickets is suggested: \$5.00

Call The Arts Commission 203-452-5065

**Susan B's Salon**

Now open in the lower level of the Senior Center. Services include haircuts for women and men, manicures and pedicures. All hair dressers are licensed professionals. For more information, salon hours, prices and appointments please call 203-452-5199 .



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# JANUARY 2011 CALENDAR

<b>MONDAY</b> <b>Jan. 3, 17 &amp; 31</b> <b>Jan. 10 &amp; 24</b> 	9:00 A.M. ..... ..... 10:00 A.M. 10:30 A.M. NOON ..... 1:00 P.M.	NURSE AVAILABLE UNTIL 3:00 P.M..... YOGA..... STRENGTH & CARDIO CLASS..... BRIDGE GAME..... SMILE A WHILE ENTERTAINMENT GROUP.... WOMEN'S POKER GAME..... DUPLICATE BRIDGE..... BEGINNER'S LINE DANCE.....	SOCIAL SERVICES FUNCTION ROOM FUNCTION ROOM SNACK BAR FUNCTION ROOM CARD ROOM MEETING ROOM FUNCTION ROOM
<b>TUESDAY</b> 	9:15 A.M. 10:00 P.M. 10:00 A.M. 10:30 A.M. 11:00 A.M. 11:30 A.M. 12:30 P.M. ..... ..... 1:00 P.M.	FIT FOR LIFE EXERCISE CLASS..... KNIT AND CROCHET CLASS..... ART CLASS..... BALLROOM DANCE..... Wii GAMES..... ZUMBA LESSONS..... MEN'S POKER GROUP..... MEXICAN TRAIN DOMINOES..... LATIN LINE DANCE..... TAI-CHI.....	FUNCTION ROOM COMPUTER ROOM MEETING ROOM FUNCTIONS ROOM T.V. ROOM FUNCTIONS ROOM CARD ROOM CARD ROOM FUNCTIONS ROOM FUNCTIONS ROOM
<b>WEDNESDAY</b> 	9:00 A.M. 11:00 A.M. NOON 12:30 P.M	YOGA..... TAP DANCE..... PINOCHLE CLUB..... COUNTRY WESTERN LINE DANCE.....	FUNCTION ROOM FUNCTION ROOM MEETING ROOM FUNCTION ROOM
<b>THURSDAY</b> 	9:00 A.M. ..... 10:00 A.M. 11:00 A.M. ..... ..... 1:00 P.M. ..... ..... 2:00 P.M.	STRENGTH & CARDIO..... NURSE AVAILABLE..... SLIM APPROACH..... TAI CHI..... CHAIR EXERCISE WITH NURSE GAIL ONDY.. DRAWING AND WATER COLOR CLASS... JAZZERCISE..... CANASTA..... PINOCHLE..... COMPETITION BALLROOM DANCE LESSONS..	FUNCTION ROOM SOCIAL SERVICE T.V. ROOM FUNCTIONS ROOM T.V. ROOM MEETING ROOM FUNCTIONS ROOM CARD ROOM MEETING ROOM FUNCTIONS ROOM
<b>FRIDAY</b> 	9:00 A.M. ..... NOON 12:30 P.M.	NURSE AVAILABLE..... AEROBICS..... WOMEN'S AND MEN'S POKER CLUB..... MAH JONGG.....	SOCIAL SERVICES FUNCTION ROOM CARD ROOM MEETING ROOM

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### **Fund Raiser**

Thanks for your continued support of recyclable bottles and cans to benefit our beautification fund. We are also receiving a large amount of can tabs for the Ronald McDonald House care facilities. Thank you for all your donations



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**Trumbull Senior Center**  
23 Priscilla Place  
Trumbull, CT 06611

## Senior Community Café

Tel # 203-332-3264

### January 2011

Meals served Monday through Friday at noon. For reservations call 10:00 a.m. – noon

Monday	Tuesday	Wednesday	Thursday	Friday
3 BBQ Chicken Quater	4 Pot Roast With Gravy	5 Eggplant Rolatini	6 Knockwurst	7 White Fish Filet
10 Turkey Loaf With Gravy	11 Beef Stroganoff	12 Cheese Ravioli	13 Stuffed Chicken Kiev	14 BBQ Ribbets
17 Closed Martin Luther King Day	18 Turkey Chilli	19 Fish Sandwich	20 Salisbury Steak	21 Baked Ziti
24 Veal Scaloppini	25 Roast Beef Gravy	26 Cod Fish Cake	27 Chicken Parmesan	28 Veggie Burger
31 Philli Cheesesteak				

**Trumbull Senior Commission Meeting, Friday, January 28 at 10:30 a.m. in the Television Lounge.**

#### NOTARY PUBLIC AVAILABLE

Monday through Friday. We advise you call 203- 452-5199 for an appointment. The fee is \$5.00

#### OLD TOWN RESTAURANT

60 Quality Street Trumbull

203-261-9436

-Served Daily-

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## TRAVEL CORNER

The senior center contracts with individual travel agencies. Upon registration you will be informed of the tour company to which your check is to be made payable. All trips have limited seating and are on a first come first serve basis. For more information call 203-452-5199.

**February 15 (Tuesday) -Mohegan Sun Casino- Includes Buffet and Free Bet. \$22.00**

**March 15, (Tuesday) -Saint Patrick's Show Fest – Featuring Trooper Dan Clark. Lively Irish Musical Show Featuring Trooper Dan Clark and Delicious Family Style Feast.**

**9:00 AM Depart from Trumbull for a delightful day as you journey to Southeastern Massachusetts. Your first stop will be at the Fabulous Vanity Fair Outlets for a coffee break and view of latest fashions. Then you are off for a wonderful St. Patrick's Day luncheon show at Whites of Westport. Know for delicious cuisine, White's will feature Trooper Dan for traditional Irish music and song. You will return home at 5:00 PM. Your entrees are served family style- heaping platters are passed around the table! Enjoy Traditional Corn Beef and Cabbage and Roast Turkey with homemade stuffing. All served with home made family style soup, Potato, vegetable, dessert and beverage.**

**Includes Gratuity. \$60.00**



### **Hon. John P. Chiota Attorney At Law**

**Gentile, Chiota & Guthers, LLC** Trumbull Probate Court

1700 Post Road, Suite C-7  
P.O. Box 844  
Fairfield, CT. 06824  
203-259-7084  
203-259-7085

Trumbull Town Hall  
5866 Main Street  
Trumbull, Ct 06611  
203-452-5068  
johnpchiota@yahoo.com

### **SENIOR CENTER SNACK BAR**

Open Daily 10 AM – 12:30 p.m.  
Lunch and breakfast served daily.  
Eggs, sausage & peppers, hotdogs,  
hamburgers, egg salad sandwich, tuna  
salad sandwich and salad platters  
prepared daily.



### **PARENTE-LAURO**

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